



salud



*For more than 90 years, the Tennessee Department of Health has been helping mothers and their babies. To make sure your new baby is healthy and gets off to a good start, we strongly recommend breastfeeding.*

## LOS ALIMENTOS DE WIC PARA LOS NIÑOS DE 1 AÑO (12 HASTA 23 MESES)

### Sus Alimentos de WIC:

- Tiene una mayor selección de alimentos
- Ofrece una variedad de frutas y vegetales
- Ayuda a mejorar la salud de su familia
- Sigue las recomendaciones de las Guías Dietéticas y las de MiPlato

### Los alimentos que va a recibir en su paquete:



Línea de ayuda de Tennessee para la lactancia materna

855-4BFMOMS

GRANOS	FRUTAS y VEGETALES	LECHE	PROTEÍNA
<p>36 onzas de cereales 2 - 16 onzas de pan de trigo entero u otros productos integrales tales como:</p> <ul style="list-style-type: none"> <li>• Arroz integral</li> <li>• Bulgur</li> <li>• Avena</li> <li>• Cebada</li> <li>• Tortillas suaves de maíz</li> <li>• Tortillas de trigo entero</li> </ul>	<p>2 jugos de 64 onzas aprobado por el WIC Cupón de un valor de \$8 para la compra de frutas y vegetales frescos o congelados</p>	<p>3 galones de leche 1 cuarto de leche agria "buttermilk" ó 1 lata de leche evaporada 16 onzas de queso</p>	<p>1 docena de huevos Bolsas de 16 onzas de frijoles, chícharos o lentejas secos ó 4 latas de 15 a 16 onzas de frijoles enlatados</p>

Esta institución es un proveedor con igualdad de oportunidades y el empleador.

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# WIC FOODS FOR YOUR 1 YEAR OLD CHILD (12 through 23 months)

## Your WIC Foods:

- Increase your choice of food • Offer a variety of fruits and vegetables
- Help improve your health • Follow the Dietary Guidelines and MyPlate recommendations

## What You Will Receive:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
36 oz cereal 2 - 16 oz whole wheat bread or other whole grain products such as: <ul style="list-style-type: none"><li>• Brown rice</li><li>• Bulgur</li><li>• Oatmeal</li><li>• Barley</li><li>• Soft corn tortillas</li><li>• Whole wheat tortillas</li></ul>	2 - 64 oz containers WIC approved juice \$8 cash value voucher for fresh or frozen fruits and vegetables	3 gallons whole milk 1 quart buttermilk or 1 can evaporated milk 16 oz cheese	1 dozen eggs 16 oz package dried beans/peas or 4 - 15oz or 16 oz cans of canned beans

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